

The NORTHWEST AIRLIFTER

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

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ABC program offers higher-ed options

By

Staff Sgt. Matthew Bates
Air Force News Agency

MAXWELL-GUNTER AIR FORCE BASE, Ala. — A new program developed by Air University allows Airmen to turn a Community College of the Air Force associate's degree into a bachelor's from an accredited university.

The Associate-to-Baccalaureate Cooperative, or ABC, does this by establishing a partnership with various civilian higher-education institutions to offer four-year degree opportunities via distance learning.

As part of this partnership, participating schools and universities will accept all CCAF college credits Airmen have earned, said director of the education and training program, Kenneth McKay, 62nd Mission Support Squadron.

The bachelor's Airmen will receive will not be as job-specific as their CCAF associate's, but they will be related to an individual's occupation, he said.

Through the ABC program, Airmen can now use the Air Force Portal and the Virtual Education Center to access a list of participating universities. From there, the application process is basically point-and-click.

"There's no need to order transcripts or fill out any application forms," said Col. Thomas Klincar, CCAF commandant. "Instead, CCAF will electronically send an Airman's

credits to the university of his or her choice that is participating, and the Airman will receive a message saying 'Congratulations ... welcome to our program, let's get started.'"

The program not only benefits Airmen seeking a four-year degree, but the Air Force also gains more knowledgeable Airmen in a timely and efficient manner.

"It's basically a win-win situation," said Colonel Klincar.

The new program is great because it has the potential to affect all enlisted Air Force personnel, said Mr. McKay.

There are currently 60,000 eligible CCAF graduates in the Air Force who can take advantage of the ABC program, each of whom are the type of student universities try to attract.

"Each of our graduates is coming on board with 100 percent tuition assistance, and they are proven, successful students who are smart and already have an accredited degree," said Colonel Klincar. "So, universities salivate at the idea of recruiting these students."

The ABC program has been under development for just over one year and is set to kick off in June. Currently, there are 20 colleges offering 30 degree programs as part of the cooperative. Ultimately, every Air Force specialty will have at least one degree offering within the program.

(62nd Airlift Wing Public Affairs contributed to this report.)



Photo by Abner Guzman

Tech. Sgt. Stephanie Atwell, 446th Maintenance Squadron, hugs her son, Danny, after receiving her diploma from the University of Phoenix during the base's combined college graduation ceremony, May 4 in Hangar 9.

LRS flight tests new vehicle for efficient fuels management

By

Tyler Hemstreet
Staff writer

The 62nd Logistics Readiness Squadron's fuels management flight is playing an integral role in the search to find new ways to fuel aircraft more efficiently.

Since September, the fuels management flight has been using an R-11 fuel truck fitted with a Hydrant Mobile Refueling Equipment, or Hymore, adapter as part of a one-year Air Force contract to see if using the adapter saves man hours.

McChord was chosen as the lone base to host the contract because of the diverse missions the wing carries out, said fuels manager Master Sgt. Shayne Somavia, 62nd LRS.

The Hymore adapter, manufactured by an

Australian company, allows the 6,000-gallon R-11 fuel truck to issue 600 gallons of fuel per minute to aircraft while simultaneously receiving fuel at the same rate from one of the 28 fuel hydrant outlets on the flightline, Sergeant Somavia said.

"It gives us quite a bit more versatility in that we can hit more aircraft without driving back to the fuel-fill stand and filling up," said Staff Sgt. Kevin Donnelly, 62nd LRS.

Less time at the fuel stand means better response time in getting to the other aircraft on the flightline, said Staff Sgt. Brian Melochick, 62nd LRS.

The unit is also very user-friendly when it comes to hooking it up and pumping the fuel, he said.

"When you follow the checklist, it's a real simple operation," Sergeant Melochick said.

The flight has been using the truck extensively to test the unit to make sure it's reliable, he said.

Under normal circumstances, R-11 trucks accumulate 150 to 300 miles a month.

"Last month we drove the Hymore truck nearly 2,300 miles, so it's getting a whole lot of use," Sergeant Somavia said.

The Hymore-equipped truck has pumped more than three million gallons of fuel since September, he said.

After the contract with the Hymore's company is up, Sergeant Somavia will submit all the data collected from the trial and submit it to the Air Force Petroleum Agency. The AFPA will then determine whether to offer individual squadrons the opportunity to use the device on their trucks, he said.

See Pages 8-9 for more on the fuels flight.

Weekend Weather

FRIDAY



Hi: 67
Low: 40

SATURDAY



Hi: 65
Low: 40

SUNDAY



Hi: 65
Low: 40

Forecast generated at 7 a.m. Thursday
Courtesy of the 62nd Operations Support Squadron

Mission accomplished

Total McChord sorties	6,143
Total flying hours	21,343.8
Cargo moved (tons)	51,394.9
Departure reliability rate	94.5%
Mission capable rate	84.6%
Personnel currently deployed	632
Reservists currently activated.....	229
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

Don't miss it ...

Volunteer opportunity

McChord is hosting the 2007 Special Olympics May 31 to June 3. Volunteers are needed to help set up, tear down and work different events. For more information or to volunteer, call 982-0090.

Show a spirit of service: volunteer

By

Col. Jerry Martinez
62nd Airlift Wing commander

A spirit of service runs deep within those who choose to wear our nation's uniform. Many of you have served our country on distant shores, placing yourselves in harm's way so that others might know peace, freedom and a better way of life. It's important to remember that you can bring that same profound change to people living in your local community.

What may seem like a simple act of mentoring a child, teaching someone to read or feeding the hungry is actually making a significant contribution to your community and to America. And in doing so, you'll often add to your own self worth.

Once a year McChord has an opportunity to come together and show the people of the Northwest our commitment to community service. In just three weeks we'll welcome 2,300 athletes, 500 coaches and more than 3,000 friends and family members as we celebrate the start of the Washington State Special Olympics Summer Games. As is tradition, we cheerfully open up McChord for the final leg of the Olympic torch run and Opening Ceremonies.

Since 1968, the Special Olympics has improved the lives of athletes by participating in sports programs that increase self-confidence and further enable these athletes to lead productive, fulfilling lives. To help make this an unforgettable event for the competitors, we need more than 300 volunteers.

Last year my family signed up to pitch in wherever needed. We'll do so again this year, and I encourage you to do the same. Teens ages 14 to 17 can sign up as long as a parent volunteers. I encourage everyone to get involved and learn more about this great program by visiting the "Base Announcements" section on Sharepoint or by contacting this year's volunteer coordinator, Staff Sgt. Amy Weger, at 982-0090.

On any given day we have dozens of groups volunteering both on and off base showing their spirit of service not only to our nation, but to our fellow citizens. For those not already connected with a community project, you can find plenty of local opportunities by visiting the USA Freedom Corps Web site. By simply typing in your zip code, you can choose from any number of volunteer programs that are close to home and close to your heart.

Thanks for all that you do for our nation, our Air Force and our community.

“It's important to remember that you can bring profound change to people living in your local community.”

Col. Jerry Martinez
62nd Airlift Wing commander



Everyone is responsible for combating deployment stress

“It's everyone's responsibility to take care of those who may be vulnerable to post-deployment stress.”

Chief Master Sgt.
Russell Kuck
62nd Airlift Wing
command chief



By
Chief Master Sgt. Russell Kuck
62nd Airlift Wing
command chief master sergeant

With deployment cycles constantly revolving, more — if not all — Airmen are experiencing what it means to be expeditionary. Some have spent more time being deployed or on a temporary deployment than they have at their home station. While many of us have plenty of fervor about combat missions, there are some who need more time to adjust to their changing environment.

The Air Force gives Airmen two weeks upon returning from a deployment to help transition from the two different lifestyles. However, this may not always be enough time to adjust.

Taking someone and placing them in a war zone has the propensity to cause combat stress. Nevertheless, returning to a non-combat environment after seeing first-hand any traumatic view of a war zone can cause post-deployment stress.

The effects of combat experiences can start to surface anywhere from six weeks to three months after returning to a normal work environment.

You never know what to expect when your family or friends return from a deployment. It's everyone's responsibility to take care of those who may be vulnerable to post-deployment stress.

First-line supervisors are key. They need to take note of any changes they see in their Airmen's attitudes and habits.

Are they depressed? Are they talking about suicide? Do they consume alcohol more frequently or in excessive amounts? Are they showing signs of aggression?

The technique to combating any issues that may arise from deployment stress is to recognize when to talk to someone. Several base agencies, such as the wing chapel support center and Life Skills, offer assistance in a variety of ways. Take advantage of their programs; they're here for you and your Airmen.

Remember, witnessing something face-to-face is different than seeing it on television or in video games. Although something may not seem traumatic for you, realize the same thing may be traumatic for your Airmen. Families and friends aren't the only people who suffer from deployments. Take care of yourselves, and take care of each other. Hooah!

Be prepared for end-of-year fiscal closeout

By

Lt. Col. Anthony Hernandez
62nd Comptroller Squadron
commander

Attention all Airmen, noncommissioned officers, junior officers and civilian members: Now is the time to identify any unfunded mission requirements to your supervisors and commanders.

As we move closer to the final quarter of the fiscal year, senior level decisions are now being made regarding which priorities will receive funding. Many of you have requirements that can and will

make your job easier.

The main point of this article is to tell you that unless you voice these requirements, they have a slim chance of being funded.

However, it is not enough to identify a need. I want to share a little known secret that goes a couple of steps beyond and makes the difference between those who "talk" and those who "do." Here it is: Do your homework!

Here is what I mean when I say do your homework:

- Has the 62nd Contracting Squadron seen this requirement? The contracting squadron has many timelines, and there are

stringent Federal Acquisition Regulations that must be met well ahead of time. The deadline for large ticket items such as construction projects is June 1. Commodity contracts over \$100,000 have until July 3, and all other commodity contracts have until Aug. 1.

- Does your requirement need to be coordinated through other agencies on base? Does the 62nd Civil Engineer Squadron need to "chop" on the requirement for power, digging or environmental? Does the 62nd Communications Squadron need to help draft a technical solution? Is the safety office aware? Are there any legal constraints?

- Are there any shipping costs? What about installation costs? What type of warranty is available, and how do we pay for them?

The list could go on.

Of course, doing your homework is no guarantee of funding, especially when Department of Defense budgets are constantly being squeezed.

However, I can guarantee if you do not do your homework your project will not get funding. I cannot emphasize this enough.

I hope to see your requirements on the unfunded priority list. We only have a few days left before we finalize the list. Get started now.

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May dedicated to honoring military

By
Carmen L. Gleason
American Forces Press Service

WASHINGTON — In an effort to draw attention to the personal sacrifices of the men and women of the armed forces and their families, Congress has designated May as National Military Appreciation Month.

The congressional resolution, passed in 2004, states that the House and Senate “support the goals and objectives of a National Military Appreciation Month.” The months of May and June host a number of other patriotic commemorations, including Victory in Europe Day, Military Spouse Day, Loyalty Day, Armed Forces Week, Memorial Day, Flag Day and the observance of the Navy and Army birth-days.

A group of National Military Appreciation Month volunteers have been working for nine years to establish a month dedicated to the nation’s active duty personnel including National Guard and Reserve troops, in addition to retirees and veterans. They are encouraging communities throughout the nation to participate in commemorative events.

The Defense Department is taking part in the month-long celebration with America Supports You, a DOD program highlighting the support of grassroots groups and corporate partners, co-hosting events throughout the nation.



Photo by Abner Guzman

Tied down

Senior Airman Jacob Dillard, 62nd Aerial Port Squadron, checks to ensure an Army prototype vehicle, being transported to Fort Lewis aboard a McChord C-17 Globemaster III, is properly tied down on April 17.



McChord's Airmen

AROUND THE WORLD



Courtesy photo

SOUTHWEST ASIA — Airmen from the 8th Airlift Squadron at McChord, who are now deployed as the 817th Expeditionary Airlift Squadron, make preparations for a combat airdrop from a C-17 Globemaster III recently.



Courtesy photo

MANAS AIR BASE, Kyrgyzstan — Airmen deployed from the 62nd and 446th Maintenance Groups at McChord change a C-17 Globemaster III's main landing gear tire during a recent deployment.



Airmen should reclaim warrior ethos, tradition

By
Gen. T. Michael Moseley
Air Force chief of staff

We are a nation at war. As a service, we've been in continuous combat for more than 16 years. The strain is taking a toll on our people and our equipment, yet Airmen persevere, going above and beyond the call of duty every hour of every day. We have answered the nation's call to defend America, its interests and ideals.

As Airmen, we have a unique warfighting perspective, shaped by a century-old quest to gain the



MOSELEY

high ground. The association between Air Force and flying is universal, inherent and undeniable. Yet, over the years, we have become so technically proficient and specialized that we have sometimes drifted from our core essence and let our functions override our mission-focus and warfighting orientation. We must never forget that our Air Force isn't just a conglomeration of diverse specialties, skill sets or jobs. Ours is the profession of arms. We are Airmen warriors — dedicated to flying, fighting and winning.

As the youngest of America's five services, our battle traditions are just a hundred years old. Nevertheless, we are heirs to a

proud heritage. The Airman warrior tradition was built by heroic visionaries and practitioners — such as Mitchell, Arnold, Chennault, Doolittle, LeMay and Schriever — who charged us to believe in and advocate the value of air power for the nation. They left us a spirit that fosters initiative, innovation and forward thinking. They left us an institutional belief in leading by example from the front and assuming the full measure of risk and responsibility. They left us a heritage of valor, honor, service and sacrifice. This legacy — the contrails they left behind — defines who we are, shapes what we do and sets the vector for our future. We stand on the shoulders of giants.

Since becoming Air Force chief of staff a year and a half ago, one of my top priorities has been to reinvigorate the warrior ethos in every

Airman of our total force. To me, our warrior ethos is the warfighting-focused culture, conviction, character, ethic, mindset, spirit and soul we foster in all Airmen. It's the pride in our heritage, the recognition that our nation depends on us to dominate air, space and cyberspace and our willing acceptance of the burden of those immense responsibilities.

We're duty-bound to imbue our newest Airmen with these warrior virtues during basic training and foster them throughout every Airman's career.

As Airmen, we wage and win our nation's wars, all the while fulfilling invaluable and unique roles and missions in peace, crisis and war. As Airmen, we build on our rich combat heritage while reaching toward an infinite horizon. And, as Airmen, we fly, fight and win. Don't you ever forget it!

AMC hosts conference aimed at cutting duplicated processes

By
Roger Drinnon
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — More than 40 experts from across the Air Force gathered at Air Mobility Command's Logistics Directorate here April 23 to 26 for a "fruit ripe for picking" conference aimed at cutting red tape from base support agreements.

"We took out a lot of the waste, steps that were unnecessary and duplicated processes," said Chief Master Sgt. Roslyn Davis, air staff logistics plans career field manager and team member. "I've been doing support agreements since 1988, and it has been a cumbersome process just to get one support agreement from start to finish."

The existing process for one support agreement could take years to coordinate and finalize. Soon, it will take less than 180 days, and as more of the team's recommendations are implemented, even less time.

"Headquarters Air Force [officials] appointed Air Mobility Command as the lead command for [inter-/intra-service support agreement] transformation initiatives," said Brenda Romine, AMC Logistics Directorate deputy and team transformation champion. "We decided to conduct a Value Stream Mapping and Analysis event to get at the root cause of our challenge."

The team used Air Force Smart Operations for the 21st Century Lean principles to identify potential improvements for an administrative process dating back 20 to 30 years. Team members referred to the support agreement process as "a fruit ripe for picking."

"The process that we did here affects me direct-

ly at the wing level," said installation readiness flight chief at McChord Air Force Base, Wash., Michael Hansen. "Right now with deployments and other mission requirements, I have more support agreement work than I have manpower to do it," he said. "By reducing the process, it allows me to focus in more on [other] processes to get the job done. This helps me out significantly."

Support agreements document a tenant unit's mission support requirements for the host base and include processes for tenant units to reimburse the host for base support services provided. Documentation requirements are driven by public law, DOD and Air Force directives, and inter-service requirements.

Such streamlining efforts are a necessity, as Air Force leaders struggle with diminishing manpower amid expanding mission requirements. Recent manpower and budget reductions don't allow for much bureaucracy.

"With the war on terrorism, what's important is mission accomplishment," said Stan Sparrow, support agreement program manager for Headquarters Air Intelligence Agency, Lackland Air Force Base, Texas. "A lot of the administrative processes we were going through in support were from late-'70s-to-mid-'80s mentality and attitudes, when we had lots of resources and lots of personnel," he said. "Now, with the emphasis on down-sizing and right-sizing, a lot of the [support agreement] processes weren't adding value to the customer support."

The team not only included support agreement managers, but also financial and manpower managers, spanning all the major commands and key Air Force agencies affected by the process.

"They were able to eliminate 50 percent of the

workload," said Deborah Grace, air staff manpower specialist. "Not only did they have significant impact on their functional areas, but I see significant savings for the other agencies that have to work with support agreements."

The team's action plan will prompt three Rapid Improvement Events later this year. One will determine how to catalog standardized agreement requirements and templates, another will look at existing commercial information technology for potential streamlining solutions and a third will develop enhanced training requirements.

Also, the team initiated six improvement projects and a list of "just do its" — immediate-action items to be implemented later this year. These include eliminating requirements for certain support agreements deemed "non-value adding," eliminating exhaustive triennial reviews for all support agreements and standardizing reimbursement requirements and procedures.

Once finalized, most if not all the proposed actions will be written into the Air Force's governing directive for support agreements, Air Force Instruction 25-201.

"Imagine a process that captures the support a customer requires, but takes years to [accomplish]," said Ms. Romine. "Now envision a process that can complete this task in a few short weeks without incorporating [new] technology. We transformed a 1970s process into the modern era," she continued. "As we continue on our 21st Century journey, the future holds many opportunities to maximize efficiencies and eliminate waste. Our first event is behind us, but it laid a foundation for future events."



Photo by Abner Guzman

Going for gold

Yakima County Sheriff Deputy Jim Frye assists Tom Dodd, an Olympic athlete, with the lighting of the Special Olympics torch at the 2006 Special Olympics opening ceremonies in Hangar 3. McChord is hosting the 2007 Special Olympics May 31 to June 3. Anyone who would like to volunteer can contact Staff Sgt. Amy Weger at 982-0090.

Fueling McChord's mission

LRS compliance, environmental section works to keep Airmen, environment safe

By
Tyler Hemstreet
Staff writer

While fuel is the life blood that makes each aircraft, truck and support vehicle stay running in support of the mission, it can also be a toxic, flammable substance that can pose a threat to Airmen, infrastructure and the local environment.

Airmen from the 62nd Logistics Readiness Squadron's compliance and environmental section make sure that threat never materializes.

"Since we're the biggest handler of hazardous materials on base, we try to maintain the equipment, land and people," said Tech. Sgt. Gregory Carrow, 62nd LRS.

Using the Air Force Instruction that specifically governs fuels as a guide, the compliance and environmental section's Airmen keep a close eye on the testing process the fuel samples pulled from the pipeline are put through, said Sergeant Carrow. They also check to

make sure each sample meets a specific chemical makeup as outlined in the Defense Energy Support Center contract with the fuel supplier, U.S. Oil and Refining.

The section not only checks the jet fuel used on base, but also diesel and automobile fuel, Sergeant Carrow said.

Careful attention also goes into checking each piece of equipment in the fleet that pumps the fuel. Hydrant trucks pump nearly 1,200 gallons per minute, while tanker trucks can pump 600 gallons per minute. With that much fuel being moved from one object to another on a routine basis, the filters in the equipment are analyzed weekly, Sergeant Carrow said. The trucks and equipment are also checked for leaks.

The checks may include no-notice spot inspections to see if everyone is following the correct procedures, he said.

"We go out and make sure Airmen are being safe while they're doing their jobs, and if they're getting the correct results for what they're doing," Sergeant Carrow said. "We try to focus on showing what they can improve on."

If a spill does occur, the section is quick to make sure the environment and local habitat is protected, said Staff Sgt. Joseph Pinkham, 62nd LRS.

Any type of spill over four gallons requires the section to generate a fuel spill report, he said.

"We have to ask, 'Where does it go and does it have a storm drain or does it go into an oil and water separator?'" Sergeant Pinkham said.

Detailed maps of where all the water drains end up help the compliance and environmental section Airmen determine where to conduct tests and cleanup efforts for hazardous materials that may end up in the water, Sergeant Pinkham said.

The section also puts a significant amount of effort into training Airmen on how to contain a spill and what equipment to use should it ever happen, he said.

"We not only have to abide by Air Force rules, but also state and federal Environmental Protection Agency rules when it comes to the environment," Sergeant Carrow said.



Photos by Abner Guzman

Sergeant Pinkham checks the seal on a manhole on the catwalk of an R-11 fuel truck servicing vehicle.



Sergeants Carrow, left, and Pinkham inspect a fuel spill response kit to insure Airmen have inventoried and properly stored items needed in the event of an emergency.



Tech. Sgt. Greg Carrow, left, and Staff Sgt. Joseph Pinkham, both 62nd LRS, carefully examine a hydrant coupler attached to an R-11 fuel truck servicing vehicle during a routine spot check.



Senior Airman Bradley Zink, a 62nd Logistics Readiness Squadron fuel distribution operator, inspects a refueling hose for cuts and leaks during a routine equipment check.

SFS holds off COMM for win

By
Tyler Hemstreet
Staff writer

The 62nd Security Forces Squadron intra-mural soccer team scored two first-half goals and held strong for the remainder of the game, defeating the 62nd Communications Squadron 2-1 Monday night at Rainier Field.

SFS earned a win earlier in the season due to a forfeit, but Monday’s win over COMM was the team’s first official win. COMM’s loss was the team’s fourth this season.

“I don’t know how many more [wins] we’re going to get so this feels good,” SFS coach Mike Tenbusch said.

SFS drew first blood five minutes into the game as forward Chad Prime unleashed a low line drive kick from the right corner. COMM goalkeeper Jarrod Wetherill appeared to have gotten both hands on the ball, but it squirted through his grasp and into the goal for the first score of the game.

“I want that goal back,” Wetherill said. “I thought to myself, ‘Here’s the easiest shot on goal I could have,’ and I didn’t get down like I should have; it went right through my fingers.”

SFS continued to push the tempo in the first half, and it paid off with just under 10 minutes left. After juking one defender to open up a clear path to the goal, Prime unleashed another line drive from 10 yards out that found the rear corner of the net, giving SFS a 2-0 lead.

COMM refused to quit.

Just two minutes later, Troy Toomey scored from short range as the SFS defense had trouble clearing out COMM’s offensive push in front of the net.

After leading 2-1 at halftime, SFS tried to put the game out of reach in the second half.

A steady push by the SFS offense generated several scoring chances as the team took 17 shots on goal in the second half. But strong play by COMM’s fullbacks and strong goal-tending by Wetherill helped fend off each attack.

While the defense managed to keep SFS out of the goal, COMM offense didn’t get as many



Photo by Tyler Hemstreet

Halfback Shawn Lizotte, 62nd Communications Squadron, dribbles the ball downfield with Mike Tenbusch, 62nd Security Forces Squadron, in pursuit. SFS got two early goals from Chad Prime and held on to defeat COMM 2-1 Monday night at Rainier Field.

good looks at the goal, and time just ran out on them.

“At halftime the team made the decision to be more aggressive on offense, and I think we did a very good job of it,” Wetherill said. “Their goalie made some quality saves on our best opportunities. The second half was great, though. Everyone stepped it up even though

we had no subs, and everyone was tired.”

As for SFS, it finally had enough players to sub in a fresh pair of legs at nearly every opportunity, and it paid off with a victory.

“This is the first game we’ve had a lot of people show up,” Tenbusch said. “Most of the time we have seven or eight players so our guys are always tired.”

Running clinic to take place at base track

Event will teach Airmen techniques on improving mile-and-a-half run time

By
Tyler Hemstreet
Staff writer

Airmen who want to improve their running speed can attend a free clinic here Monday at the 400-meter track.

The clinic will be split into two sessions, from 8 to 9:30 a.m. and 5 to 6:30 p.m., and is open to all personnel not on a profile.

Airmen who attend will learn how to improve their running cadence, power and stride length in order to improve their mile-and-a-half run times, said exercise physiologist Patrick Conway, 62nd Medical Operations Squadron, who will teach the clinic.

“It covers basic track techniques that are taught to track athletes,” Mr. Conway said.

Some of the techniques that will be demonstrated may look somewhat unorthodox to those not familiar with track and field, he said.

The running clinic comes at the perfect time since running is the section of the physical training test where some Airmen in the 62nd Mission Support

Squadron are struggling, said unit physical training leader Staff Sgt. Angelique Snyder, 62nd MSS.

She recommended the clinic to some members of her unit because she hopes it will get them pointed in the right direction.

Those who wish to attend should come in their running gear and bring a sports drink to stay hydrated, Mr. Conway said. Airmen nursing any kind of injury should avoid participating, he said.

“They are welcome to come and watch, but you don’t want to be doing these techniques in an injured state,” Mr. Conway said. “You don’t want to risk aggravating the injury more.”

By following all the techniques, Mr. Conway said he hopes Airmen will be able to add up to one mile per hour to their current running pace.

That single mile per hour can translate into impressive gains for those having trouble with their mile-and-a-half run times, he said.

“If you’re running a 15-minute mile and a half, you can drop an entire minute,” he said.



Photo by Abner Guzman

Airmen participate in an eight-mile run on one of the base’s running trails in October 2006. The running clinic will teach Airmen how to improve their running cadence, power and stride length to increase their overall running speed Monday at the base track.

McChord at ‘leading edge of homeland defense’

WADS, 62 AW play key role in defending United States airspace

By
Tyler Hemstreet
Staff writer

While the primary mission of the 62nd Airlift Wing remains delivering global airlift for America, through a partnership with the Western Air Defense Sector the wing also plays an important role in evaluating America’s air defense readiness.

Since 1998, the 62nd AW has been working with WADS to provide a live aircraft for the Simulated Penetration Air Defense Exercise program, said SPADE exercise planner Gary Pettit, WADS.

Through steady communication with the 62nd Operations Support Squadron’s long range plans office, WADS is able to use 62nd AW C-17 Globemaster IIIs that are on local training missions and incorporate them into scenarios involving fighters launched from any base west of the Mississippi

River, Mr. Pettit said.

Having a live mission to intercept during the simulation provides an element to the scenario that is invaluable, he said.

The wing’s involvement usually entails flying from international waters over the Pacific Ocean and then meeting up with the fighters about 20 miles off the U.S. coast on the intercept as part of the exercise, said long range planner Gus Bush, 62nd OSS.

Then the fighters escort the C-17 to a runway in central Washington until it touches down, completing the exercise, he said.

As long as the intercept simulation doesn’t interfere with any of the training missions, most crews are happy to help out, he said.

“They know about the intercept well before they take off,” Mr. Bush said. “The squadrons usually are notified of it at least a month in advance.”

Prior to Sept. 11, 2001, McChord C-17s were used in the exercise to portray enemy aircraft trying to sneak into the country, but now their roles are usually hijacked airliners, Mr. Pettit said.

“The program works out well for both sides,” Mr. Bush said.

The benefit the exercise provides for C-17 crews is the chance to practice flying in formation with



Courtesy photo

An F-15 Eagle from Klamath Falls, Ore., flies alongside a McChord C-17 Globemaster III as part of a Simulated Penetration Air Defense Exercise scenario over central Washington in February. The C-17 is playing the role of a hijacked airliner.

dissimilar aircraft and practice communicating hand signals with the pilots in the fighters, depending on the scenario, Mr. Bush said.

The exercise also provides a good forum for learning for C-17, Federal Aviation Agency and WADS crews when it comes to communi-

cation, Mr. Pettit said.

“The SPADE program is a platform to evaluate that whole process, and the 62nd AW has been a valuable part of that,” he said. “On their training missions, they’re working on the leading edge of homeland defense.”



Photo by George Weirich



Good times

Lt. Gen. Christopher Kelly, Air Mobility Command vice commander, left, receives a plaque from retired Lt. Gen. Vernon Kondra at the Retiree Dining Out April 27 at McChord’s Clubs and Community Center. General Kelly was the guest speaker at the annual event, which was open to active duty, retirees, Reserve, National Guard and guests. Approximately 90 people were in attendance at the event.

Names to Note

The following individuals received a 90 percent or better on their end-of-course career development exams:

- **Staff Sgt. William Green**, 4th Airlift Squadron
- **Staff Sgt. Philip Narcis**, 62nd Civil Engineer Squadron
- **Staff Sgt. Brandon Pandes**, 62nd CES
- **Staff Sgt. Tulafono Sili**, 62nd CES
- **Staff Sgt. Carlito Tacbas**, 62nd CES
- **Staff Sgt. Zachary Mize**, 62nd Logistics Readiness Squadron
- **Staff Sgt. James Gonzalez**, 62nd Medical Operations Squadron
- **Senior Airman Aaron Goodrich**, 62nd Aircraft Maintenance Squadron

- **Airman 1st Class Oriol Gasper**, 4th AS
- **Airman 1st Class Christopher Aversa**, 7th Airlift Squadron
- **Airman 1st Class Rauly Rojas**, 8th Airlift Squadron
- **Airman 1st Class Jose Cosio**, 62nd AMXS
- **Airman 1st Class Paul Martinez**, 62nd AMXS
- **Airman 1st Class Daniel Engle**, 62nd CES
- **Airman 1st Class Patrick O'Brien**, 62nd LRS
- **Airman 1st Class Crystal Coins**, 62nd Maintenance Squadron
- **Airman 1st Class Michael Asuncion**, 62nd Security Forces Squadron



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel program takes place at the base chapel support center, Bldg. 746, unless otherwise noted:

- **Adult Bible study** is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services

Catholic Services:

All Catholic services are in chapel two.
Daily Mass Tuesday - Friday 11:30 a.m.
Saturday: 4 p.m. Confession
5 p.m. Mass
Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical worship: Chapel one
9:45 a.m. Sunday school for all ages at the chapel support center
11 a.m. Traditional worship: Chapel one
11 a.m. Contemporary service: Chapel support center

Jewish Services:

Friday: 6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis
Sundays: 8:45 a.m. pre-Communion prayers
9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail father.anderson@us.army.mil.

